

CAUTION & CONTRAINDICATION

	HERB	UNUSUAL CAUTION OR CONTRAINDICATION
1	MA HUANG®	Hypertension
2	XI XIN	Long-term use may cause liver cancer
3	CANG ER ZI	Consumption of pork while taking this herb
4	XIANG RU	May cause vomiting if taken hot
5	SHENG MA	Wheezing and chest fullness due to qi rebelling up
6	TIAN HUA FEN	Abortifacient if injected
7	JUE MING ZI	Hypotension
8	LIAN QIAO	Can possibly cause photodermatitis
9	TU FU LING	Possible allergic reaction with pruritus, papular rash, and agitation
10	BAI TOU WENG	Fresh herb contains protoanemonin which irritates skin and mucous membranes
11	BAI WEI	Has cardiotoxic properties, and overdose can provoke toxic reactions
12	DA HUANG	During menstruation, pregnancy, and lactation
13	MANG XIAO	If used externally to promote lactation, cease use when an effect is seen
14	MU GUA	Hyperchlorhydria
15	BAN XIA	Sore throat from fire excess, bleeding
16	JIE GENG	Hemoptysis
17	XING REN	Infants, diarrhea, overdosage must be avoided because of cyanogenic glycoside toxicity
18	MAI YA	During lactation except in a very low dosage
19	CHEN PI	Long-term use can injure the primal qi
20	DI YU	Large-area burns
21	FU ZI	True heat and false cold
22	REN SHEN	Excessive caffeine or stimulant use
23	DA ZAO	Damp-heat, phlegm-heat, qi stagnation
24	XIAO MAO	High dosage can cause tongue swelling
25	TU SI ZI	Constipation and scanty, dark urine (even though the herb has neutral property)
26	SHA YUAN ZI	Hyperactive sex drive
27	WU WEI ZI	May cause heartburn
28	BAI ZI REN	Cool, dry, well circulated storage reduces risk of carcinogenic aflatoxin contamination
29	YUAN ZHI	Peptic ulcers and gastritis
30	BING LANG®	Collapse of the middle qi

	CAUTION FOR PREGNANCY	CONTRAINDICATION FOR PREGNANCY
MOVE BLOOD	<ul style="list-style-type: none"> • Chuan Xiong • Yu Jin • Ze Lan • Gui Zhi (Disperse Wind-Cold) • Bai Jiang Cao (Clear Toxic-Heat) • San Qi (Stop Bleeding) • Pu Huang (Stop Bleeding) 	<ul style="list-style-type: none"> • Yan Hu Suo • Jiang Huang • Dan Shen • Yi Mu Cao • Tao Ren • Hong Hua • Ru Xiang • Mo Yao • San Leng • E Zhu • Huai Niu Xi • Chuan Niu Xi • Wang Bu Liu Xing • Mu Dan Pi (Clear Blood-Heat) • Shan Zha (Digestives)
MOVE QI	<ul style="list-style-type: none"> • Zhi Shi • Zhi Ke • Da Fu Pi • Hou Po (Aromatics for Damp) • Bai Ji Li (Extinguish LV Wind) 	
WARM INTERIOR	<ul style="list-style-type: none"> • Gan Jiang • Rou Gui • Hua Jiao 	<ul style="list-style-type: none"> • Chuan Wu • Cao Wu • Fu Zi • Hu Jiao
PURGATIVE	<ul style="list-style-type: none"> • Da Huang 	<ul style="list-style-type: none"> • Mang Xiao • Lu Hui • Da Ji (Cathartics)
DRAIN DAMP	<ul style="list-style-type: none"> • Mu Tong • Dong Kui Zi • Che Qian Zi • Hua Shi 	<ul style="list-style-type: none"> • Qu Mai
HEAVY SUBSTANCE	<ul style="list-style-type: none"> • Chi Shi Zhi (Astringent) • Zhen Zhu (Anchor & Calm Shen) • Dai Zhe Shi (Extinguish LV Wind) 	<ul style="list-style-type: none"> • Gui Ban (Yin Tonics) • Bie Jia (Yin Tonics)
OTHERS	<ul style="list-style-type: none"> • Xin Yi Hua (Disperse Wind-Cold) • Chan Tui (Disperse Wind-Heat) • Mu Zei (Disperse Wind-Heat) • Tian Hua Fen (Clear & Purge Heat) 	<ul style="list-style-type: none"> • She Gan (Clear Toxic-Heat) • Tian Nan Xing (Dissolve Cold-Phlegm)

CAUTIONS & CONTRAINDICATIONS

18 INCOMPATIBILITIES: cause side effects

GAN CAO (Glycyrrhizae Rx)	WU TOU (Aconiti Rx)	LI LU (Veratri Rx)
<ul style="list-style-type: none"> ▪ Da Ji (Euphorbia Rx) ▪ Hai Zao (Sargassum) ▪ Gan Sui (Kansui Rx) ▪ Yuan Hua (Genkwa Fl) 	<ul style="list-style-type: none"> ▪ Bei Mu (Fritillariae Bulb) ▪ Gua Lou (Trichosanthis Fr) ▪ Ban Xia (Pinelliae Rz) ▪ Bai Ji (Bletillae Rz) ▪ Bai Lian (Ampelopsis Rx) 	<ul style="list-style-type: none"> ▪ Ren Shen (Ginseng Rx) ▪ Sha Shen (Glehniae Rx) ▪ Dan Shen (Salviae Rx) ▪ Ku Shen (Sophorae Rx) ▪ Xi Xin (Asari Hb) ▪ Bai Shao (Paeoniae alba Rx)

19 ANTAGONISMS: cancel each other's functions

Ren Shen (Ginseng)	- Wu Ling Zhi (Trogopterori)	Liu Huang (Sulfur)	- Po Xiao (Sal Glauberis)
Rou Gui (Cinnamomi)	- Chi Shi Zhi (Halloysitum)	Shui Yin (Hydrargyrum)	- Pi Shuang (Arsenicum)
Ding Xiang (Caryophylli)	- Yu Jin (Curcumae)	Lang Du (Euphorbiae)	- Mi Tuo Seng (Lithargyrum)
Cao Wu (Aconiti)	- Xi Jiao (Rhinocerotis)	Ba Dou (Crotonis)	- Qian Niu Zi (Pharbitidis)
Ya Xiao (Nitrum)	- San Leng (Sparganii)		

Only **bold** herbs are commonly used.

DIETARY INCOMPATIBILITIES

HERBS	FOODS TO AVOID
Sheng/Shu Di (Rhemanniae), He Shou Wu (Polygoni)	avoid onions, garlic and radishes
Mu Dan Pi (Moutan Cx)	avoid garlic
Fu Ling (Poria)	avoid vinegar
Huang Lian (Coptidis Rz)	avoid pork
Cang Er Zi (Xanthii Fr)	avoid pork
Ren Shen (Ginseng Rx)	avoid tea and radishes/turnips
Long Gu (Fossilia Ossid Mastodi)	avoid fish

PREGNANCY

CAUTION	CONTRAINDICATION
1. Bai Ji Li (Tribuli Fr)	1. Bie Jia (Tryonicis Carapax)
2. Bai Jiang Cao (Patriniae Hb)	2. Cao Wu (Aconitii Kusnezoffii Preparata)
3. Chan Tui (Cicadae Peri)	3. Chuan Niu Xi (Cyathulae Rx)
4. Che Qian Zi (Plantaginis Sm)	4. Chuan Wu (Aconiti Rx Preparata)
5. Chi Shi Zhi (Halloysitum Rubrum)	5. Da Ji (Euphorbiae Pekinensis Rx)
6. Chuan Xiong (Ligustici Chuanxiong Rx)	6. Dan Shen (Codonopsis Rx)
7. Da Fu Pi (Arecae Catechu Peri)	7. E Zhu (Curcumae Rz)
8. Da Huang (Rhei Rx et Rz)	8. Fu Zi (Aconiti Rx Lateralis Preparata)
9. Dai Zhe Shi (Haematitum)	9. Gui Ban (Testudinis Plastrum)
10. Dong Kui Zi (Malvae Fr)	10. Hong Hua (Carthami Fl)
11. Gan Jiang (Zingiberis Rz)	11. Hu Jiao (Piperis Nigrum Fr)
12. Gui Zhi (Cinnamomi Rm)	12. Huai Niu Xi (Achyranthis Bidentatae Rx)
13. Hou Po (Magnoliae Officinalis Cx)	13. Jiang Huang (Curcumae Longae Rz)
14. Hua Jiao (Zanthoxyli Peri)	14. Lu Hui (Aloe)
15. Hua Shi (Talcum)	15. Mang Xiao (Natrii Sulfas)
16. Mu Tong (Akebiae Caulis)	16. Mo Yao (Myrrha)
17. Mu Zei (Equiseti Hiemalis Hb)	17. Mu Dan Pi (Moutan Cx)
18. Pu Huang (Typhae Pollen)	18. Qu Mai (Dianthi Hb)
19. Rou Gui (Cinnamomi Cx)	19. Ru Xiang (Olibanum)
20. San Qi (Notoginseng Rx)	20. San Leng (Sparganii Rz)
21. Tian Hua Fen (Trichosanthis Rx)	21. Shan Zha (Crataegi Fr)
22. Xin Yi Hua (Magnoliae Fl)	22. She Gan (Belamcandae Rz)
23. Yu Jin (Curcumae Rx)	23. Tao Ren (Persicae Sm)
24. Ze Lan (Lycopi Hb)	24. Tian Nan Xing (Arisaematis Rz Preparata)
25. Zhen Zhu (Margarita)	25. Wang Bu Liu Xing (Vaccariae Sm)
26. Zhi Ke (Aurantii Fr)	26. Yan Hu Suo (Corydalis Rz)
27. Zhi Shi (Aurantii Fr Immaturus)	27. Yi Mu Cao (Leonuri Hb)

NOTE: Majority of the herbs that has cautions or contraindications for pregnancy fall under the category of Move Blood, Move Qi, Warm Interior, Purgative, Drain Damp, or Heavy substance.